

Amity 2005 Lenten Fit For Life Team Challenge



A Team Event to Celebrate Wellness
For All Ages!!

February 9, 2005-March 26, 2005

TEAM NAME _____
TEAM CAPTAIN: _____
PHONE # _____

Remember your team is counting on YOU!!

As a team member it is your responsibility to total your individual score at the end of each day.

On Tuesday evening of each week total your weekly score. Don't forget to add 20 bonus points if you attended Church or Sunday School that week.

Call your Team Captain on Tuesday evening or Wednesday of each week and report your weekly points.

You can earn a one time 25 bonus points by completing the bonus page and turning it in to your captain.

Children under 15 years need to have their score sheet signed by a parent.

AMITY LENTEN LIFE FITNESS CHALLENGE

TEAM SIGN UP

TEAM NAME _____

TEAM CAPTAIN _____

MEMBERS

PHONE #

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

NO MORE THAN 9 PERSONS PER TEAM

Welcome to Amity's 2005 Lent Fit for Life Team Challenge

The goal of this fitness challenge is to promote physical, spiritual and mental health awareness. Studies have shown that we are stressed out, eating on the run, and running on spiritual emptiness! Most Americans do not exercise enough or eat enough fruits and vegetables.

The objectives of this challenge are:

- Physical fitness awareness: Exercise at least 30 minutes a day, beginning at your present fitness level and increase as tolerated or advised by your doctor. Regular physical activity can not only improve your physical health, but can also improve your mental outlook.
- Drink more water: The body uses water, along with food, as fuel to keep it up and running. It lubricates the joints and organs, regulates body temperature, keeps our minds alert, and carries nutrients such as calcium, sodium and potassium to the cells.
- Improve your diet: Eat at least 5 servings of fruits or vegetables a day. Research shows that the more fruits and vegetables you eat the lower your risk of developing diseases including cancer and heart disease.
- Smoking Cessation: Take some time to assess why you are smoking. Make a plan to quit and follow it. Tried to quit before? Try again. Studies show an increased rate of success with each attempt to quit.
- Take time to take care of your spiritual and mental self. Studies show individuals who have a spiritual focus in their lives are healthier and happier. Time spent in prayer and reflection is needed to develop your relationship with God, your family and yourself.

**TEAM UP TODAY!! HAVE FUN FINDING OUT HOW
EASY IT IS TO GET FIT FOR LIFE!**

How to Accumulate Points Lifestyle Choices

WATER-Give yourself a point for each 8 ounce glass of water you drink
Earn a **maximum of 8 points** per day.

FRUITS and VEGETABLES-Give yourself a point for each serving of fruits and vegetables you eat each day. (1 serving is at least ½ cup) Earn a **maximum of 5 points** per day.

EXERCISE-Give yourself a point for each 10 minutes of exercise a day.
Earn a **maximum of 6 points** per day.

NO TOBACCO-You earn **2 points** per day for not smoking. If you don't smoke, give yourself the points.

BIBLE READING-You earn 2 points for every 10 minutes of Bible reading. Earn a **maximum of 6 points** per day.

PRAYER-You earn 2 points for every 10 minutes you spend in prayer.
Earn a **maximum of 4 points** per day.

FASTING You **earn 4 points** per day by giving up one activity or food during the season of Lent that you normally partake of or enjoy.

DO A GOOD DEED-You can earn **5 points** per day by going out of your way to brighten someone's day.*(**This deed must be done outside of the immediate family**). Surprise someone by calling, assisting or doing a chore for them, sending a card, visiting, etc.

CHURCH ATTENDANCE: You can earn **10 bonus points** a week by attending Church or Sunday School.

ATTEND ANOTHER CHURCH FUNCTION: If you attend another church function during the week, such as youth group, puppet ministries, dinners, Bible studies, special events or ministry meetings you may earn **5 bonus points** for that week.
(**Only a TOTAL of 10 points per week**).

DAILY TOTAL=40 Points

WEEKLY TOTAL=300 Points

Fit For Life Score Sheet

Week #

	Wednesday	Thursday	Friday	Saturday			
Water							
maximum 8 points							
Fruits/Vegetables							
maximum 5 points							
Exercise							
maximum 6 points							
No Tobacco							
maximum 2 points							
Bible Reading							
maximum 6 points							
Prayer							
maximum 4 points							
Fasting							
maximum 4 points							
Do A Good Deed							
maximum 5 points							
Church/SS Attendance 10 Bonus Points per week							
Attendance at another church function 5 bonus pts each-total only 10 per week							
DAILY TOTALS							

WEEKLY TOTAL

Your Name:

Team Name:

FIT FOR LIFE TEAM ROSTER

TEAM NAME

TEAM CAPTAIN

Team Totals to be reported to Sherry McIntyre by Friday of each week 894-0902 or e-mail sammac64@aol.com

Team Members	Phone #	WK Completed March 3	WK Completed March 10	WK Completed March 17	WK Completed March 24	Wk Completed March 31	WK Completed April 7	Wk Completed April 11

TOTALS

AMITY LENT
FIT FOR LIFE
BONUS PAGE

Complete this page for 15 Bonus Points

BLOOD PRESSURE _____

Blood Pressures will be taken @ Church on February 13 & 20 & March 13.

TARGET HEART RATE _____

(see insert in packet)

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

MONITORING EXERCISE INTENSITY USING HEART RATE

WHY MONITOR YOUR HEART RATE?

You're huffing and puffing through another aerobic workout, wondering if you're really doing yourself any good. Are you working too hard or not hard enough? You look around. The person next to you has barely broken a sweat while the one in front is drenched from head to toe. Well, sweat may not be the best indicator of exercise intensity. For that, we need to look to our hearts.

Heart rates, to be exact. When you exercise, your heart beats faster to meet the demand for more blood and oxygen by the muscles of the body. The more intense the activity, the faster your heart will beat. Therefore, monitoring your heart rate during exercise can be an excellent way to monitor exercise intensity.

For the majority of aerobic enthusiasts, there is a range of exercise intensities that is described as safe and effective for promoting cardiovascular benefits. To determine what range is best for you, you'll need to be familiar with a few terms.

1 Maximal Heart Rate: This number is related to your age. As we grow older, our hearts start to beat a little more slowly. To estimate your maximal heart rate, simply subtract your age from the number 220.

2 Target Heart-Rate Zone: This is the number of beats per minute (bpm) at which your heart should be beating during aerobic exercise. For most healthy individuals, this range is 50 percent to 80 percent of your maximal heart rate.

So, if your maximal heart rate is 180 bpm, the low end of the range (50 percent) would be 90 bpm, and the high end of the range (80 percent) would be 144 bpm. (Use the chart to determine your own target heart-rate zone.)

WHAT DOES THIS RECOMMENDED HEART-RATE RANGE MEAN?

Now that you've determined your target heart-rate zone, you need to know how to put that information to good use. These numbers serve as a guideline — an indicator of how hard you should be exercising. Those just beginning an aerobic program should probably aim for the

CALCULATE YOUR HEART RATE BY AGE

Age:	20	30	40	50	60	70
50%	100	95	90	85	80	75
80%	160	152	144	136	128	120

low end of the zone and pick up the intensity as they become more comfortable with their workouts. Those who are more fit, or are training for competitive events, may want to aim for the higher end of the zone. Keep in mind that the target heart-rate zone is recommended for individuals *without any health problems*. Additionally, individuals taking medication that alter the heart rate should consult their physician for recommended exercise intensity.

WHERE TO MONITOR?

There are a number of "sites" used to monitor the pulse rate. Two convenient sites to use are the radial pulse at the base of the thumb of either hand, or the carotid pulse at the side of the neck. Accurate pulse-count assessment is crucial when monitoring exercise intensity. By using the first two fingers of one hand and locating the artery, a pulse rate can be easily determined.

Immediately after exercise, isolate your pulse and count the number of beats in a 10-second period. To determine the heart rate in beats per minute, multiply the number of beats per 10 seconds by six. For instance, if a 10-second pulse count were 20, then the heart rate would be 120 bpm.

A FINAL WORD ABOUT HEART-RATE MONITORING

Remember, your estimated target heart-rate zone is just that — an estimate. If you feel like you are exercising too hard, you probably are. The best advice is to reduce your intensity and find a heart-rate range that works for you.

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AMERICAN COUNCIL ON EXERCISE

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If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at <http://www.acefitness.org> and access the complete list of ACE Fit Facts.

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

EVERYTHING IN MODERATION

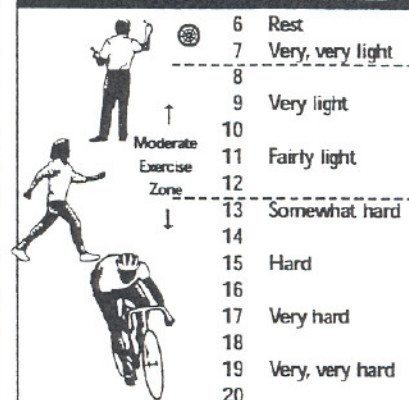
When it comes to exercise we each determine what we can or cannot do, and how hard we push ourselves. Some follow the all-or-nothing principle, believing that if exercise is good for you it has to be hard, even painful. Then along came last year's Surgeon General's Report on Physical Activity, detailing the benefits of moderate physical activity. It was then that people began questioning exactly what "moderate activity" means.

YOU DON'T HAVE TO PUT OUT A LOT TO GAIN A LOT

This perceived exertion scale shows you how little exertion is required to benefit from regular physical activity. It is used by exercisers to rate their exertion during any type of fitness program.

Exercise rated in the 11 to 15 range is enough to improve cardiovascular condition. But even less than that — exertion rated in the 8 to 12 range, which is very light to moderate activity — can bring many health benefits.

PERCEIVED EXERTION SCALE



Examples Of Moderate Amounts Of Activity

Washing and waxing a car for 45-60 minutes
 Washing windows or floors for 45-60 minutes
 Playing volleyball for 45 minutes
 Playing touch football for 30-45 minutes
 Gardening for 30-45 minutes
 Wheeling self in wheelchair for 30-40 minutes
 Walking 1½ miles in 35 minutes (20 min/mile)
 Basketball (shooting baskets) for 30 minutes
 Bicycling 5 miles in 30 minutes
 Dancing fast (social) for 30 minutes
 Pushing a stroller 1½ miles in 30 minutes
 Raking leaves for 30 minutes
 Walking 2 miles in 30 minutes (15 min/mile)
 Water aerobics for 30 minutes
 Swimming laps for 20 minutes
 Wheelchair basketball for 20 minutes
 Basketball (playing a game) for 15-20 minutes
 Bicycling 4 miles in 15 minutes
 Jumping rope for 15 minutes
 Running 1½ miles in 15 minutes (10 min/mile)
 Shoveling snow for 15 minutes
 Stairwalking for 15 minutes



Reprinted from the Surgeon General's Report on Physical Activity and Health

LIMITLESS OPTIONS

There are few limitations on what types of activities you can do at a moderate intensity. The Surgeon General's Report includes a recommendation that everyone accumulate 30 minutes or more of physical activity on most or all days of the week. Brisk walking is the most popular choice since it can easily be incorporated into a busy day, has low injury rates, doesn't require special skills or equipment, and can be done by anyone at any age. But don't forget the things you do everyday. Gardening provides a multitude of opportunities for improving muscle strength, as does waxing the car or vacuuming the carpet.

One of the appealing aspects of this type of exercise program is that the amount of exercise you need to accumulate can be adapted according to the length of time, intensity or frequency with which you exercise. To see an

example of how activities measure up to one another in relation to time and intensity, see the box to the left.

THE ROAD AHEAD

Now that you know physical activity need not be overly strenuous to be beneficial, it's time to get started. To insure that you're able to stick with exercise, choose activities you enjoy that can easily become part of your routine. Begin slowly, giving the body time to adjust, and work up to the desired amount and intensity. If you have any chronic health problems, or are at risk for any (e.g., heart disease, diabetes, obesity), consult with your physician before starting any activity.

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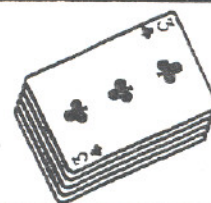
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SEVEN WAYS TO SIZE UP YOUR SERVINGS

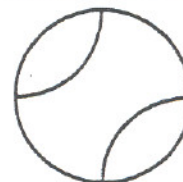
Measure food portions so you know exactly how much food you're eating.

When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

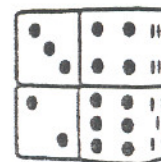
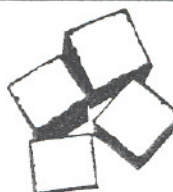
- 1** 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



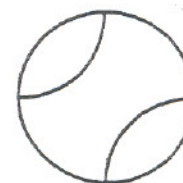
- 2** A medium apple or peach is about the size of a tennis ball.



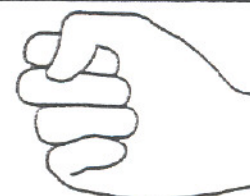
- 3** 1 oz of cheese is about the size of 4 stacked dice.



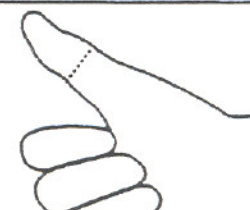
- 4** 1/2 cup of ice cream is about the size of a racquetball or tennis ball.



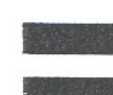
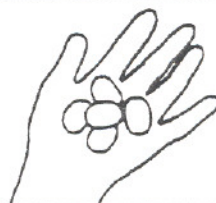
- 5** 1 cup of mashed potatoes or broccoli is about the size of your fist.



- 6** 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.



- 7** 1 ounce of nuts or small candies equals one handful.



1 oz.

MOST IMPORTANT
Remember to keep
your diet nutritious.



3-4 servings from the
Milk Group for calcium



2-3 servings from the
Meat Group for iron



2-5 servings from the
Vegetable Group for vitamin A



2-4 servings from the
Fruit Group for vitamin C



6-11 servings from the
Grain Group for fiber

Body Mass Index Table

	Normal					Overweight					Obese					Extreme Obesity																				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

WEEKLY SCORE

NAME:

STARTING DATE OF THE WEEK:

TOTAL POINTS _____

(for this week only NOT counting Church/Sunday School, extra Church events or Bonus Page)

POINTS FOR CHURCH/SUNDAY SCHOOL (10) _____

POINTS FOR EXTRA CHURCH EVENTS (5 pts each-total 10) _____

ONE TIME BONUS PAGE POINTS (15 pts) _____

Signature of parent, if child under 15 yrs _____

WEEKLY SCORE

NAME:

STARTING DATE OF THE WEEK:

TOTAL POINTS _____

(for this week only NOT counting Church/Sunday School, extra Church Events or Bonus Page)

POINTS FOR CHURCH/SUNDAY SCHOOL (10) _____

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ONE TIME BONUS PAGE POINTS (15 pts) _____

Signature of parent, if child under 15 yrs _____

Certificate of Completion

presented to

For participation in
Amity's 2004 Lenten Fit For Life Team Challenge



Date

Signature